

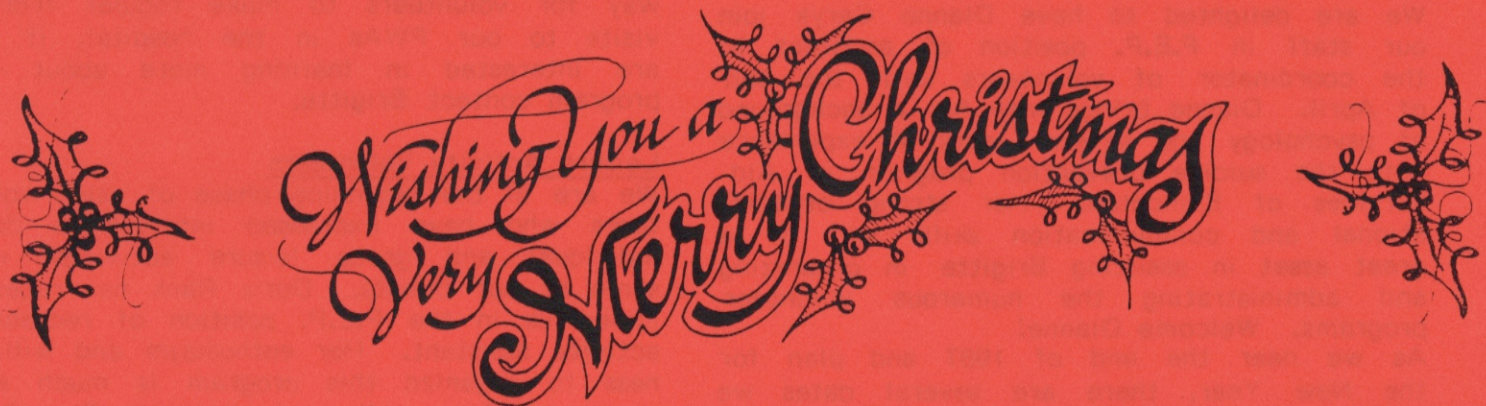


# NEWSLETTER

AIDS NETWORK OF EDMONTON SOCIETY

December 1987

Volume 2 Number 9



## PROVINCIAL CAMPAIGN ON AIDS

The AIDS Network of Edmonton Society has received a \$130,000 operating grant from Alberta's Ministry of Community and Occupational Health. It is part of the provincial campaign in the fight against AIDS that will see \$6.6 million spent over the next 3 years. Details of the plan were released in the ministry's report "Education & Caring: Alberta's Program for AIDS", and which mentions the vital role community groups such as the AIDS NETWORK plays in the campaign against AIDS. "Groups concerned with prevention of HIV infection..... have been successful in reaching many "at risk" individuals. Continuation of their efforts is critical to the program". (page 17)

The AIDS Awareness Association of Calgary (AIDS Calgary) received a similar grant.

The three year provincial program will see monies spent on a province wide toll-free AIDS information line, educational materials on AIDS for schools, increased staff at the STD Clinic, meet growing provincial lab costs for HIV antibody testing and provide the anti-viral drug AZT to Albertans with AIDS.

## ROSS ARMSTRONG OFFICE OPEN HOUSE

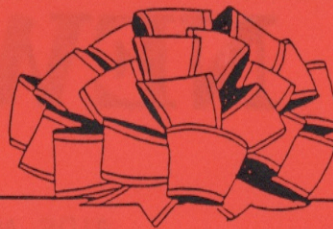
DECEMBER 23rd, 1987

Please come and help the AIDS NETWORK celebrate the end of 1987, and the arrival of 1988. Everyone interested is invited to attend the event, to be held from 3 p.m. to 6 p.m. in the afternoon, Wednesday, Dec. 23rd, 1987. Refreshments will be served. We hope to see you there !

The office will be closed Christmas Eve, Dec. 24th and open Monday, Dec. 28th, 1987.

## IN THIS ISSUE:

VOLUNTEER NEWS .....	PAGE 2
YEAR END THANKS .....	PAGE 4
SUPPORT GROUP	
UPDATE.....	PAGE 4
AIDS & SURVIVAL.....	PAGE 5
THE OTHER STDs.....	PAGE 6
UPCOMING EVENTS.....	PAGE 6
"WE CAN HELP"	
CAMPAIGN .....	PAGE 7



Season's Greetings! From all the staff of the AIDS Network of Edmonton Society we wish you all the best for the holiday season! We are delighted to have Dianne Caryk join our staff in P.E.P. position of assistant to the coordinator of volunteers until the end of April. Dianne brings with her a background of psychology and several years of experience with the suicide prevention program of Aid Services of Edmonton. Her strong organizational and communication skills will be a great asset in assisting Brigitte in organizing and administrating the numerous volunteer programs. Welcome Dianne!

As we near the end of 1987 and plan for the New Year, there are several dates we would ask you to mark on your calendars.

January 12

Volunteer Inservice, "The Gay Lifestyle", 7-10 p.m. - St. Stephen's College - 8830-112 St.

January 12

Group Facilitators' Support Meeting with David Fitzgerald at 8 p.m. Please keep posted for location

January 14 - February 20

Volunteer Training Program

Are you a current volunteer who missed a training session which you wanted to attend? Here is a chance to take in those training sessions. Please call Brigitte or Dianne to register yourself.

January 20

Buddy Support Meeting - 7 p.m.  
AIDS NETWORK office

January 27

Telephone Volunteers Followup/Support Meeting.  
7 p.m. - AIDS NETWORK office

The NETWORK is seeking additional volunteer professionals to function as facilitators for the support groups. If you, or someone you know, have an interest in this special involvement with the NETWORK, please contact David Fitzgerald (424-4767).

## Hospital Visitation Program

Discussions are currently being held with the University of Alberta Hospital to clear the way for volunteers to make regular friendly visits to our PWAs in the hospital. If you are interested in learning more about this program contact Brigitte.

## Leisure Activity Volunteers

We are in the beginning phase of using volunteers who have expressed interest in doing individual and group leisure activities with some of our clients. Doris Rank has recently joined us in the P.E.P. position of recreation activity assistant. Her enthusiasm and willingness to organize this program is much appreciated. Doris will work alongside Tom Gale, calling on resource people such as Keith Turton to assist her. Welcome Doris! If you are interested in this area of volunteering please contact Doris at the NETWORK office.

## Buddy Volunteers

We anticipate a steady increase in the need for buddy volunteers in the next year. If you know of anyone who may be interested in training as a buddy volunteer please have them call Brigitte at the NETWORK office.

Best wishes for 1988!



On Friday, December 18, the AIDS Network of Edmonton Society will host a Christmas social for clients, staff, volunteers, and members of the board of directors. The event, which will include a buffet supper followed by a social evening, will hopefully provide the opportunity for everyone to get to know each other. For directions to the party or for more information please phone Anne at the NETWORK office (424-4767).



# We're Moving!

The AIDS NETWORK of Edmonton Society  
has found a new home at

**10704-108 STREET**

## a christmas message

God calls us as a people, a whole people, and no one is expendable. It is unacceptable, indeed sinful, for Christians to act as if any one or any group is expendable. We are called to bear witness to the Good News of the Gospel that no one is a stranger or an outsider, that division and separation have been broken down, that in the life, death and resurrection of Jesus there are no longer the "pure" and the "impure." In the face of the world-wide crisis of AIDS, we are especially called to be one people.

—From the statement by the  
Consultation on AIDS: Grappling with  
the Theological and Ethical Issues,  
October 23-25, 1987

We will be operating in the new premises by

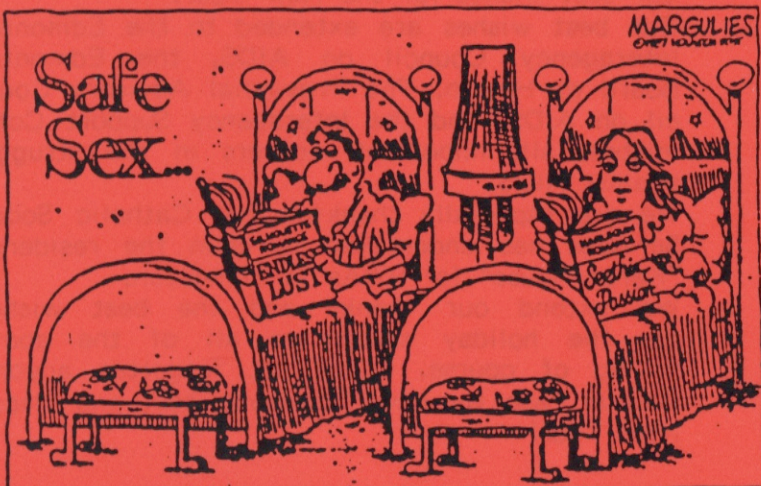
**JAN. 15/88**

*Our telephone number  
will remain the same:*

**429-2437/AIDS**  
**424-4767 office**

*MAILING ADDRESS:*

**Second Floor**  
**10704-108 Street**  
**Edmonton, AB**  
**T5H 3A3**



# year end thanks



## support group for the worried well and those at risk

This group will begin a new format starting in January. In order to better meet the needs of people who come to the group we have decided to adapt a six week program. Issues of general information on HIV infection, stress, anger, relationships, safer sex, coping skills and planning for the future will be covered in these six consecutive sessions. Participants will be asked to commit themselves to attend the six week program. This approach to the support group will allow for more focused sessions, more information sharing thus more effectively responding to participants needs. For those who want to continue to discuss their concerns, the NETWORK will be available for individual counselling and we certainly have access to community resources for this need.

Many people in our community are experiencing the stress of the unknown, anxiety about the future and may be seeking ways to cope with the HIV issue. We hope this support group can become a resource for those in need.



## remembering...

With the end of the year upon us we here at the NETWORK ask you to join us in remembering our friends who have passed away in 1987 due to the AIDS health crisis.

We recall their laughter, their love, their courage.

1987 has seen incredible growth of the AIDS Network of Edmonton Society and the increased work load has resulted in a staff of eight people working in many areas. We are acutely aware of the many people who volunteer their services to the AIDS NETWORK: among them the 65 individuals working with the Volunteer Coordinator in the past year providing practical and emotional support to PWAs, working in the office, answering the telephone, public speaking with the speakers' bureau. And of course, 12 members of the Board of Directors, as well as 15 individuals who serve on Committees of the Board and the Advisory Board, who give of their time each month.

We are grateful for funding provided by the federal and provincial governments, the United Way and the Wild Rose Foundation.

We are especially appreciative of the financial support the NETWORK has received from The Roost, Flashback, Boots and Saddles, the Imperial Court of the Wild Rose, the AIDS Vigil Committee, the Friends of the Phoenix, Leave it to Jane Theatre, the VIK Gallery, Gay & Lesbian Community Groups and the many individuals who have made private donations.

The many requests for education seminars (up to 30 per month) has meant the establishment of important contacts with institutions such as government agencies, universities and colleges, hospitals, public, private and separate schools, health units, countless social services agencies, many home-care associations, and businesses and labour organizations, not only in Edmonton but throughout north-central Alberta. To all of them we extend our best wishes for the New Year!

Our best wishes are extended to the Edmonton Interagency Council on AIDS, the Edmonton Board of Health, The Provincial Advisory Council on AIDS, and the Interagency Support Committee, all, important workers in the struggle against AIDS.

We are especially thankful that Catholic Social Services has undertaken to open the residence "Karos House" for PWAs in Edmonton.

We extend our thanks and the best wishes for the holiday season to all of the above hoping of course, we've not forgotten anyone. And in case we have, thankyou too, and Happy New Year!

# AIDS and SURVIVAL: GOOD NEWS



A research team at the University of California, San Francisco, has released an important study on Long-Term AIDS Sufferers. The team of George F. Solomon, M.D., Lydia Temoshok, Ph.D., Ann O'Leary, Ph.D., and Jane Zich, Ph.D., discovered 16 common factors significant to Long Term Survival after an AIDS diagnosis. The researchers tried to understand how long-term survivors are different from people who follow the expected course of the disease.

"While the prevalent belief... is that AIDS is invariably fatal, there is a growing number of individuals who are alive and well three, four, and even five years after an AIDS diagnosis". Citing California Department of Health Services analysts, they state that 50% of AIDS patients will survive a year, 30% two years, and 2% survive five years. If there are currently 41,000 diagnosed cases, then 820 of those people will still be alive in five years. A number of common factors thought to be significant to long-term survival were described:

1. Long term survivors understand and accept the reality of the AIDS diagnosis, but also refuse to believe that the syndrome is an automatic, imminent death sentence.
2. They believe that one can cope actively with the disease, and refuse to succumb to a "helpless-hopeless" state.
3. They make appropriate, individualized adjustments in personal habits and behaviors to accomodate living with the disease.
4. They see the physician as a collaborator, and do not fall into a passive or compliant mode when interacting with the physician; they take an active part in decisions related to treatment.
5. They display a belief that the individual patient can influence the outcome of the disease: a sense of personal responsibility for health.
6. There is a perceived "commitment to life" to take care of unfinished business; a sense of unfulfilled goals or dreams.

7. Survivors find meaning and purpose in life.
8. They identify a sense of meaning in the disease itself.
9. There is usually a previous experience with beating a life threatening illness, or overcoming difficult situations and events.
10. A program of exercise and physical fitness is a common factor.
11. Long-term survivors report the importance of support and information from other people with AIDS, particularly shortly after diagnosis: no one understands quite like another person with AIDS.
12. Commitment to helping other persons with AIDS seems to have a sustaining quality in and of itself.
13. Long term survivors seem to share a basic level of assertiveness and the ability to say "no".
14. Long term survivors give themselves permission to withdraw from involvements when they need to care for themselves.
15. There is a developed ability to "read" one's body, and to sensitively care for it.
16. There seems to be a common ability to communicate openly, including concerns about health issues.

Interestingly, the authors suggest that gay men who have learned to be comfortable and open about being gay tend to adopt more smoothly to living with their diagnosis of AIDS than those for whom coming out is still an issue.

The authors stress that this is a preliminary report, and should be "interpreted with caution". As the study continues, it is hoped that more will be learned about why some people live longer with AIDS. That will eventually enable more people to live with AIDS longer than the usual prognosis of 18 months to two years.

# THE OTHER SEXUALLY TRANSMITTED DISEASES PART II

## GENITAL WARTS

What are the signs?

Painless growths usually around vaginal opening, the anus, on shaft of penis, or on scrotum, may occur several months after contact.

How do you take care of it?

Chemical treatment (podophyllin), liquid nitrogen, laser beam, or surgery. Do not use over-the-counter wart treatments. Tends to re-occur.

Possible problems -

May contribute to cervical cancer.

## CHLAMYDIA

What are the signs?

Men: burning on urination and discharge from penis. Women: often no symptoms until PID\* begins. People often have no symptoms but are infected and contagious.

How do you take care of it?

Infected persons and their sexual partners must be tested and/or treated with antibiotics. Sexual contact should be stopped until the end of treatment.

Possible Problems -

PID\* and fertility problems in women. Including an increased risk of ectopic (tubal) pregnancy.

In men, infection of the prostate and epididymis.

## GONORRHEA

What are the signs?

Men: Burning on urination and discharge from penis, sometimes sore throat or diarrhea. Pain during anal intercourse or bowel movements.

Women: Often no symptoms until PID\* begins. Some people have no symptoms but are still infected and contagious, especially when gonorrhea occurs in the throat or rectum.

How do you take care of it?

Infected persons and their sexual partners must be tested and treated with antibiotics. Sexual contact should be stopped until the end of treatment.

Possible Problems -

In women, PID\* and fertility problems including an increased risk of ectopic (tubal) pregnancy. In men, infection of the prostate or epididymis. In both, infection of the joints, skin, and bloodstream.

\* Pelvic Inflammatory Disease (PID) is an infection of the tubes. Every episode of PID - fever, abdominal pain, heavy bleeding, excessive discharge - increases a woman's risk of infertility.



## FEBRUARY:

### AIDS AWARENESS WEEK

Feb. 14 - 19

Provincial Conference on AIDS organized by AADAC with assistance from the AIDS NETWORK.

Feb. 18 & 19 at Edmonton Inn

Keynote Speaker: Dr. Cate Hankins of Montreal

Registration: \$50. includes banquet

For Health Care Workers, Volunteers, Care-Givers, Social Workers and others interested in AIDS issues.

Additional Information:

Contact : Marie-Line Mailloux or Nick DeSilva at 427-4291 or the AIDS NETWORK

Brochures available soon

# 'we can help' campaign begins

Edmonton Transit patrons will notice "We Can Help" ads for the AIDS NETWORK this Christmas. The ads will be seen in 250 ET buses for December and January, and it is hoped that they will increase awareness of the NETWORK's info line and counselling services. One half of the space was donated by TRANSAD.

In conjunction with the bus ads, three professionally produced radio commercials stressing the "We Can Help" theme have been sent to Edmonton radio stations, and the NETWORK is asking the stations to air the spots free of charge as part of their public service commitments.

If you hear the commercials on air, or if you are sitting next to someone on the bus who comments on our ads, give us a call --input from our members and volunteers is an important part of public communication planning.

## YOU CAN'T

afford to make  
an uninformed  
personal decision.

**AIDS** can affect your future.

we  
can  
help



429-AIDS

### AIDS INFO

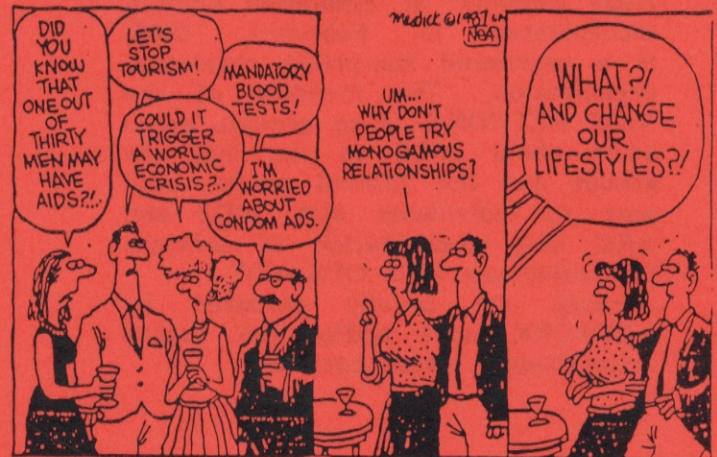
call toll free

**1-800  
772-AIDS**

Confidential,  
professional information  
on AIDS and its prevention.  
8:15am - 5pm, weekdays

**Alberta**  
COMMUNITY AND  
OCCUPATIONAL HEALTH

Ads like this one from The Edmonton Journal have been appearing in provincial newspapers advertising the new Alberta Government information line for AIDS. The number may be dialed tollfree from anywhere in Alberta and is staffed by nurses from the STD Clinic.



The Edmonton Sun



Ross Armstrong Office, 10233 - 98 Street,  
Edmonton, Alberta T5J 0M7  
(403) 424-4767

**AIDS NETWORK OF EDMONTON**

### APPLICATION FOR MEMBERSHIP

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

A \$25<sup>00</sup> membership entitles the undersigned to discount admission at specified AIDS NETWORK events, regular newsletter mailings, and the right to vote at AIDS NETWORK meetings.

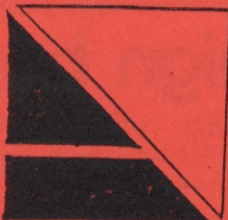
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please notify the AIDS NETWORK if your address changes.

Please enquire about the reduced membership rates for students or the unemployed.

Office Address:

10233 - 98 Street  
Edmonton. AB  
T5J 0M7



Telephone Number:

Info Line: 429-AIDS  
Business Line: 424-4767

Office Hours:

Monday - Friday 9 a.m. - 6 p.m.  
Information Line Hours:  
Monday - Friday 9 a.m. - 9 p.m.

The Newsletter is published monthly by the AIDS NETWORK OF EDMONTON SOCIETY with financial assistance from the HEALTH PROMOTION DIRECTORATE OF HEALTH AND WELFARE CANADA. The AIDS Network of Edmonton Society, incorporated in February, 1986, is a registered non-profit charitable organization. The mandate of the AIDS NETWORK is to provide education about AIDS to the high-risk groups and the general public, support to individuals with AIDS and ARC and co-ordination of services for individuals with AIDS/ARC.

Articles are usually prepared by NETWORK staff and/or the source acknowledged when reprinted.

## ROSS ARMSTRONG Memorial Fund

The fund uses monies donated or raised to assist persons with AIDS or ARC directly.

UPDATE: November 30th, 1987

Donations:	\$3073.35
Membership Revenue:	2325.00
Interest:	147.90
Total Income:	\$5,546.25
Grants:	3,328.82
BALANCE:	\$2,217.43

The AIDS NETWORK of  
Edmonton is a Member  
of the CANADIAN AIDS  
SOCIETY/LA SOCIÉTÉ  
CANADIENNE DU SIDA

CANADIAN  
AIDS  
SOCIETY



LA SOCIÉTÉ  
CANADIENNE  
DU SIDA

*Happy  
Holidays!*

## SERVICES PROVIDED BY THE AIDS NETWORK OF EDMONTON SOCIETY

The AIDS Network of Edmonton Society, incorporated in February, 1986, is a registered non-profit charitable organization. The mandate of the AIDS NETWORK is to provide education about AIDS to the high-risk groups and the general public, support to individuals with AIDS and ARC and co-ordination of services for individuals with AIDS/ARC.

INFORMATIONAL: An informational and support line operates Monday - Friday, 9 a.m. - 9 p.m. A leading resource library is available to agencies and the public.

EDUCATIONAL: A speakers' bureau provides speakers for Educational presentations to concerned groups. Audiovisual materials and information files are available on loan.

COUNSELLING: Confidential one-on-one counselling services are available to persons directly or indirectly concerned about AIDS.

Referrals to other professional services are made upon request.

SUPPORT GROUPS: For persons who have tested positive for HIV Antibodies. For persons with AIDS. Friends, families, and partners of persons with AIDS.

ADVOCACY: Assistance will be provided to individuals facing difficulties in receiving services because of their health status.

The AIDS NETWORK works to coordinate the services of supportive public and private agencies in all areas involved by the AIDS crisis.

The services of the AIDS Network of Edmonton Society are provided FREE and on a CONFIDENTIAL bases.